



National Nutrient Database for Standard Reference  
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**Full Report (All Nutrients) 01105, Milk, chocolate beverage, hot cocoa, homemade**

**Report Date: July 05, 2017 04:11 EDT**

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.2g
<b>Proximates</b>						
Water	g	82.45	--	--	206.12	25.72
Energy	kcal	77	--	--	192	24
Energy	kJ	324	--	--	810	101
Protein	g	3.52	--	--	8.80	1.10
Total lipid (fat)	g	2.34	--	--	5.85	0.73
Ash	g	0.65	--	--	1.62	0.20
Carbohydrate, by difference	g	10.74	--	--	26.85	3.35
Fiber, total dietary	g	1.0	--	--	2.5	0.3
Sugars, total	g	9.66	--	--	24.15	3.01
Sucrose	g	5.00	--	--	12.50	1.56
Glucose (dextrose)	g	0.01	--	--	0.03	0.00
Fructose	g	0.01	--	--	0.03	0.00
Lactose	g	4.63	--	--	11.57	1.44
Maltose	g	0.01	--	--	0.03	0.00
Galactose	g	0.01	--	--	0.03	0.00
<b>Minerals</b>						
Calcium, Ca	mg	114	--	--	285	36
Iron, Fe	mg	0.42	--	--	1.05	0.13
Magnesium, Mg	mg	23	--	--	58	7
Phosphorus, P	mg	105	--	--	262	33
Potassium, K	mg	197	--	--	492	61
Sodium, Na	mg	44	--	--	110	14
Zinc, Zn	mg	0.63	--	--	1.57	0.20

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.2g
Copper, Cu	mg	0.103	--	--	0.258	0.032
Manganese, Mn	mg	0.013	--	--	0.033	0.004
Selenium, Se	µg	2.7	--	--	6.8	0.8
Fluoride, F	µg	3.1	--	--	7.8	1.0
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.2	--	--	0.5	0.1
Thiamin	mg	0.039	--	--	0.098	0.012
Riboflavin	mg	0.182	--	--	0.455	0.057
Niacin	mg	0.133	--	--	0.333	0.041
Pantothenic acid	mg	0.328	--	--	0.820	0.102
Vitamin B-6	mg	0.040	--	--	0.100	0.012
Folate, total	µg	5	--	--	12	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	5	--	--	12	2
Folate, DFE	µg	5	--	--	12	2
Choline, total	mg	15.6	--	--	39.0	4.9
Betaine	mg	0.9	--	--	2.2	0.3
Vitamin B-12	µg	0.49	--	--	1.23	0.15
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	51	--	--	128	16
Retinol	µg	51	--	--	128	16
Carotene, beta	µg	4	--	--	10	1
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	176	--	--	440	55
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.03	--	--	0.07	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta	mg	0.00	--	--	0.00	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00	0.00
Tocopherol, delta	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	1.1	--	--	2.8	0.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.2g
Vitamin D3 (cholecalciferol)	µg	1.1	--	--	2.8	0.3
Vitamin D	IU	45	--	--	112	14
Vitamin K (phylloquinone)	µg	0.2	--	--	0.5	0.1
<b>Lipids</b>						
Fatty acids, total saturated	g	1.431	--	--	3.578	0.446
4:0	g	0.071	--	--	0.177	0.022
6:0	g	0.037	--	--	0.092	0.012
8:0	g	0.019	--	--	0.048	0.006
10:0	g	0.045	--	--	0.113	0.014
12:0	g	0.050	--	--	0.125	0.016
13:0	g	0.002	--	--	0.005	0.001
14:0	g	0.163	--	--	0.407	0.051
15:0	g	0.018	--	--	0.045	0.006
16:0	g	0.640	--	--	1.600	0.200
17:0	g	0.010	--	--	0.025	0.003
18:0	g	0.369	--	--	0.922	0.115
20:0	g	0.004	--	--	0.010	0.001
22:0	g	0.002	--	--	0.005	0.001
Fatty acids, total monounsaturated	g	0.677	--	--	1.692	0.211
14:1	g	0.013	--	--	0.033	0.004
15:1	g	0.004	--	--	0.010	0.001
16:1 undifferentiated	g	0.025	--	--	0.062	0.008
17:1	g	0.005	--	--	0.013	0.002
18:1 undifferentiated	g	0.628	--	--	1.570	0.196
20:1	g	0.002	--	--	0.005	0.001
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.084	--	--	0.210	0.026
18:2 undifferentiated	g	0.074	--	--	0.185	0.023
18:3 undifferentiated	g	0.008	--	--	0.020	0.002
18:4	g	0.000	--	--	0.000	0.000
20:3 undifferentiated	g	0.003	--	--	0.007	0.001
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.2g
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.078	--	--	0.195	0.024
Fatty acids, total trans-monoenoic	g	0.072	--	--	0.180	0.022
Cholesterol	mg	8	--	--	20	2
Stigmasterol	mg	0	--	--	0	0
Campesterol	mg	0	--	--	0	0
Beta-sitosterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.037	--	--	0.092	0.012
Threonine	g	0.095	--	--	0.237	0.030
Isoleucine	g	0.169	--	--	0.422	0.053
Leucine	g	0.305	--	--	0.762	0.095
Lysine	g	0.215	--	--	0.537	0.067
Methionine	g	0.076	--	--	0.190	0.024
Cystine	g	0.099	--	--	0.247	0.031
Phenylalanine	g	0.150	--	--	0.375	0.047
Tyrosine	g	0.141	--	--	0.352	0.044
Valine	g	0.201	--	--	0.502	0.063
Arginine	g	0.099	--	--	0.247	0.031
Histidine	g	0.067	--	--	0.168	0.021
Alanine	g	0.102	--	--	0.255	0.032
Aspartic acid	g	0.276	--	--	0.690	0.086
Glutamic acid	g	0.719	--	--	1.798	0.224
Glycine	g	0.056	--	--	0.140	0.017
Proline	g	0.340	--	--	0.850	0.106
Serine	g	0.184	--	--	0.460	0.057
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	2	--	--	5	1
Theobromine	mg	68	--	--	170	21